



Nov. 2023

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

Please check the Montgomery County policy for inclement weather closures, printed on the last page of this newsletter.

The Center will be closed on Nov. 10 for Veteran's Day and Nov. 23 and 24 for the Thanksgiving Holiday.

SPECIAL EVENTS

Special Programs Daily at 1:00 pm Activity #R07107-103

Dates with special guests include:

- ♦ **Music by Frank Plumer:** Wed., Nov. 1
- ♦ **Birthday Party:** Thurs., Nov. 2, sponsor: M&T Bank
- ♦ **Medicare Bingo** with Giselle and Jonathan from By Your Side Financial: Wed., Nov. 8
- ♦ **Piano Tunes with Gwen:** Fri., Nov. 18
- ♦ **Monthly Chat with the Director:** Thurs., Nov. 30

Medicare Information Table: Thurs., Nov. 2, 10 am—2 pm

Bowling Trip: Tues., Nov. 14, 9:30 am—1:45 pm, \$5 includes bowling and pizza. *Activity # R07101-123.* Sign up at the Front Desk. Bus leaves at 9:30 am and returns at 1:45 pm. Space is limited.

Thanksgiving Feast: Thurs., Nov. 16, 12:00 noon, Activity # R07089-101. Space is limited. Sign up at the Front Desk.

Diwali Celebration at North Potomac Senior Center: Fri., Nov. 17, Bus leaves at 9:30 am and returns at 1:30 pm. Enjoy an Indian singer, Tabla music, Apna pizza, chai and a dessert. *Activity # R07101-151* Sign up at the front desk. Space is limited.

Blood Pressure Screening: Wed., Nov. 8, 10:30-11:30 am

Watercolor Open Studio: As a pilot program, we are hosting a three-week watercolor open studio on Mondays from 1-3 pm on November 6, 13, and 20. There is no instruction, but an instructor will be present to facilitate the usage of some generously donated supplies. Experienced watercolor artists only. There will continue to be other opportunities for beginner artists. Once you register, seats on each date will be first-come, first-serve. *Activity # R07095-129*

And much more! Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday

**9:00 a.m.—4:00
p.m.**

TEAM MEMBERS

Director:
Cathy Richards

**Nutrition
Coordinator:**
Teresa Wu

**Special Events
Coordinator:**
**Lisa Cassarino
Liscinsky**

**Recreation
Assistants:**
**Carmen Flores
Suzie Diddle**

JCA Bus Driver:
Pierre Jean Claude

DSCSI:
Elaine DeStefano

Day Porter:
Maria

**We also have many
treasured volunteers
helping at the front
desk. Together, we
are delighted to
spend the day with
you! Please let us
know how we can be
of assistance!**

Exercise Room and Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm. Restricted availability on Tues.-Thurs. from 10:30 am—12:00 noon for small group training.

Exercise Room Activity #R07039-104, Billiards Room Activity #R07103-102

Need pointers on playing billiards? Jessie is available most Tuesdays at 1:30 pm!

Needlecraft Room

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-102

Game Time

Bridge, Tuesdays, 11:00 am, Activity #R07074-105

Mah Jong, Wednesdays, 11:30 am, Activity #R07047-104

Canasta, Thursdays, 1:00 pm, Activity #R07112-103

Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-103

Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-102

Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-103

Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-105

Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-106

Yoga on Fridays, 11:00 am (Free) Activity #R07029-104

Meal Program

Lunch is served every day at 12:00 pm, provided by Dutch Mill Catering on behalf of the *Senior Nutrition Program*. Reservations are required to participate. To get started, fill out a lunch program registration form. You will then be invited to review the menu for the month, noting which day(s) you'd like to participate, and then selecting the hot, cold, or vegetarian choice for each day. If you make a reservation for a meal and miss without cancelling by 10:00 am three days before, you will be recorded as a "no-show" for the day. If you have three no-shows in a month, you will be unable to participate again until the next month. Stand-by meals are not guaranteed. Donations are suggested at the rate of \$3.00 per meal for those 60+ years of age. Guests under the age of 60 are asked to pay \$7.99, which is the full cost of the meal.

Shopping Trips

Bring your shopping list and join us!

Mt. Airy Walmart: Tuesday, Nov. 7, 9:30 am, Activity # R07101-107

Harwood House: Thursday, Nov. 9, 9:45 am

Style Me Sue: Wednesday., Nov. 15, 10:00 am

Milestone Walmart: Tuesday, Nov. 21, 9:30 am, Activity # R07101-150

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Applications are available at the front desk. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

Aging and Disability Services (240-777-3000)

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

Aging & Disability 1:1 Meetings with Tracy Carter will be available on Wed., Nov. 15. Call Tracy to make an appointment.

Coping with Change, Thursdays at 11:00 am

Free drop-in support group with Yasaman Alavi focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-0462, *Activity #07076-104*

Join the Tea Dancers!

The Tea Dancing group meets every **Thursday from 1:00—2:00 pm** for dancing followed by refreshments. Bring a partner and enjoy music and movement! Note that this is not dance lessons and there are no instructors; rather, this is company with a common interest! *Activity #R07129-101*

Medical Equipment Loans

The Damascus Lions Club maintains a medical “closet” for the local community. If you would like to borrow or donate any medical equipment (wheelchairs, walkers, canes, hospital beds, crutches, shower stools, etc.), please call Lion Tessie Gladhill at 301-253-2141 or Lion Jack Peters at 301-253-2589.

Recycling and/or Disposal of Used Batteries

Look for the box on the coatroom shelf outside the auditorium.

AARP Friendly Voice Program

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. The AARP Friendly Voice Program provides trained, caring volunteers standing by ready to chat, listen, or just say hello. It's easy. Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 am—5 pm.

Thank You!

Thank you to local businesses and organizations that donate their time, services and/or products to enrich our programs!

4-H - American Heritage Girls - Bealls Florist - Damascus Lions Club
Damascus Y Women - Harwood House - Partners in Care - M&T Bank
Pivot Physical Therapy - Trader Joe's - Weis Markets - Alzheimer's Association

Damascus Senior Center

Nov. 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Inclement Weather Policy</i></p> <p><i>When Montgomery County Public Schools are closed, we are closed.</i></p> <p><i>When Montgomery County Public Schools have a delayed opening, we open at 10:00 am, all classes are canceled and there is no bus service or lunch served. If you are unsure, call the center at 240-777-6995.</i></p>		<p>1</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Frank Plumer</p>	<p>2</p> <p>9:00 Social Hour 10:00 Chairobics 10:00 Medicare Table 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Strength & Balance 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Birthday Party</p>	<p>3</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Senior's Choice</p>
<p>6</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Watercolor Studio 1:00 TED Talks</p>	<p>7</p> <p>9:00 Social Hour 9:30 Mt. Airy Walmart 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi 11:00 Strength & Balance 12:00 Lunch 1:00 Saxophone Day</p>	<p>8</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Blood Pressure Check 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Medicare Bingo</p>	<p>9</p> <p>9:00 Social Hour 9:45 Harwood House 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Strength & Balance 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Movember</p>	<p>10</p> <p>Closed for Veteran's Day</p>
<p>13</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Watercolor Studio 1:00 Ice Cream Sundaes</p>	<p>14</p> <p>9:00 Social Hour 9:45 Bowling Trip 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi 11:00 Strength & Balance 12:00 Lunch 1:00 Curling</p>	<p>15</p> <p>9:00 Social Hour 10:00 Style Me Sue 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 11:30 Social Worker 12:00 Lunch 1:00 Trivia</p>	<p>16</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/Change 11:00 Strength & Balance 12:00 Thanksgiving Luncheon (reservation) 1:00 Canasta 1:00 Tea Dance 1:00 No program</p>	<p>17</p> <p>9:00 Social Hour 9:30 Diwali at NP 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano</p>
<p>20</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Watercolor Studio 1:00 World Toilet Day</p>	<p>21</p> <p>9:00 Social Hour 9:30 Milestone Walmart 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi 11:00 Strength & Balance 12:00 Lunch 1:00 Television Day</p>	<p>22</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:15 Movie Day 11:30 Mah Jong 12:00 Lunch 1:00 Movie Day (cont.)</p>	<p>23</p> <p>Closed for Thanksgiving Holiday</p>	<p>24</p> <p>Closed for Thanksgiving Holiday</p>
<p>27</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Watercolor Studio 1:00 Nutrition w/Teresa</p>	<p>28</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi 11:00 Strength & Balance 12:00 Lunch 1:00 Brain Games</p>	<p>29</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Second Hand Treasures</p>	<p>30</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/Change 11:00 Strength & Balance 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Chat w Director</p>	